

THE TIVERTON SENIOR CENTER

# THE TIVERTON BARKER

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AUGUST 2005

## POT LUCK SUPPER

The Center will be holding a Pot Luck Supper on Wednesday, August 24 from 4 to 8 p.m.

Admission to this event is a dish that will feed at least six people. Everyone is invited to participate and attend.

If you plan on attending, in order to insure that we do not have too many duplicate dishes, you must sign in on the registration sign-up sheet and list the dish you will be bringing.

The Center will provide coffee, tea, and cool drinks.

We will have an evening of tasting an assortment of different foods and after dinner we will spend some time playing games.

Some of the games will be: Trivial Pursuit, Scrabble, Yahtzee, Chinese Checkers, or any other game you or your friends may choose to play.

If we have a positive response to this

event, we could possibly make it a monthly event with improvements as we progress.

Help us make this an evening full of good food and fun.



## August 8

On Monday, August 8, the Center will be closed in observance of Victory Day.



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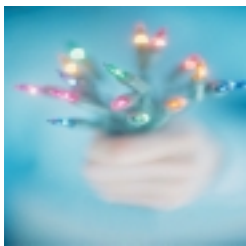
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## BLUE CROSS BLUE SHIELD COMMUNITY VAN *THIS IS A FREE COMMUNITY SERVICE*

The topic for this month is HEART HEALTH. The Blue Cross Community Wellness Van will be here on Monday, August, 15 from 9:30 to 11:30.

You will learn about the importance of maintaining healthy blood pressure and cholesterol levels to prevent the development of coronary artery disease. There

will be information about positive nutrition habits and the Dietary Approaches to Stop Hypertension diet, with educational materials for you to take with you.



## FRIDAY AFTERNOON MOVIE

On Friday, August 5, the Movie at 1 p.m. will be **"The Pacifier."** Vin Diesel stars as Navy SEAL Shane Wolfe who, as an elite member of the world's fiercest and most highly trained force, thought he was prepared to take on any duty no matter how impossible...until he was assigned to protect five out-of control children

of an assassinated scientist working on vital government secrets. This is an action filled fun movie. Running time is 1 hr. 30 min.

On Friday, August 19, the movie will be **"Chicago."** Set in the roaring 20's, this is the story of Chicago chorus girl Roxie Hart (Rene Zellweger), who shoots her unfaithful lover. In

jail she meets Velma Kelly (Catherine Zeta-Jones) another chorus girl murderess who's attorney is Billy Flynn (Richard Gere). Running time is 1 hr. 53 min.



## AUGUST CALENDAR HIGHLIGHTS

The Watercolor class will meet during the month of August on Tuesday mornings from 9 to 11.

Mary Stike will hold beginning Needlepoint classes on Wednesday's during August from 9:30 to 11 a.m.

MOVIES—Friday, August 5 and August 19 at 1 p.m.

Blue Cross Community Van—Monday, August 15—Heart Health 9:30 to 11:30

Birthdays celebrated on Thursday, August 18. Please call for lunch

Nurse— Thursday, August 25 at 10 a.m. Blood pressure clinic.

Center Meeting at 10:45 on Thursday, August 25\*\* change in date this month

Book Discussion Group will resume in September—Hope you've been reading some good books this summer.

## Farmers Market Coupons Now Available

Farmers Market Coupons are now available in the office. They are offered to persons who are 60 or older and meet the income requirements.

Each eligible participant will receive a book with three \$5.00 coupons to-

taling \$15. When you use these coupons, please remember that you will not receive change, so make sure you spend the \$5, \$10, or \$15, or if it is an odd dollar amount purchase use currency for the difference so that you are not losing money.

The two closest Farmers Markets are:

Colt State Park, Bristol

Friday's 2 to 6 p.m.

Aquidneck Growers

909 East Main Rd.

Middletown, RI

Saturdays 9 to 1

## WATERCOLOR CLASS AND NEEDLEPOINT

Watercolor class, under the direction of Madeleine Diogenes, will resume for the month of August ***only*** on Tuesday morning from 9 to 11 a.m.

Beginning in September will be go back to our regular Tuesday afternoon schedule.

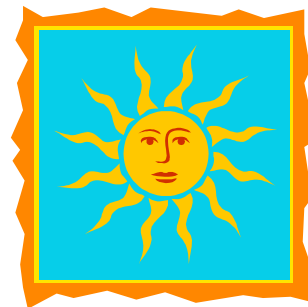


See you on August 2.

On Wednesday mornings from 9:30 to 11 a.m. Mary Stike will be teaching a beginners Needlepoint

class.

This class is open to anyone who is interested. Please sign up in the office.



## SAVE THIS DATE

On Tuesday, September 20 at 4 p.m. the Senior Center in conjunction with Tiverton Library Services will host a seminar on SENIOR SOLUTIONS offered by Attorneys Jeffrey Padwa and Laura M Krohn.

This free seminar will be on Health, Legal, and Long Term Care Planning Issues Facing Seniors.

\*Recognizing & Preventing Elder Abuse

\*Estate and Long Term Care Planning

\*Advanced Directive and Health Care Powers of Attorney

We are specifically trying to target the "Baby Boomers." If you are in this category—Save This Date.

OUR COMPUTER CLASSES WILL RESUME IN THE FALL. THE DAY AND TIME WILL BE ANNOUNCED IN THE SEPTEMBER BARKER.

## HAPPY BIRTHDAY

Norma Boissonneau	01	Lily Williamson	15	Birthdays are celebrated on the third Thursday of the month at lunch.. Reservations are necessary. The date for this month is August 21.  Please join us for the celebration.
Mary Murphy	03	Arlene Nickerson	17	
Alice Maltais	03	Manny Christo	17	
Kenny Golding	04	Skip Silvia	18	
Kathleen Christo	09	Hilda Elias	19	
Katie Valentine	09	Pierrette Dumenco	22	
Ruth Tedders	11	Mary Ponte	23	
Eva Desrochers	13	Madeline LeBlanc	23	
Rita Letendre	14	Emma Carvalho	27	



Birthday  
Wishes  
To All

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## FOR YOUR INFORMATION

The Tiverton Senior Center bus is for any Tiverton resident who is 55 or older or handicapped. It is a free service that is provided by the town.

You are picked up at and delivered back to your door step.

Our bus goes out on a regular basis to the following locations:

**Tuesday:** Harbour Mall area shopping. This includes Harbour Mall, Shaws, Stop & Shop, and any other

store in the general area.

**Wednesday:** Tiverton Shopping. This includes CVS, Grand Central, Brooks, Newport Bank, Bank of America and the Post Office. Trips to Town Hall to pay taxes and Gold Medal Bakery.

The **second Friday** we offer trips to Dartmouth Mall area.

The **fourth Friday** we go to the Swansea Mall area.

On all days you may be

dropped at the Senior Center either before or after shopping.

Reservations are necessary to make use of our transportation. Please call 625-6790 to reserve your seat.



## AUGUST SPECIAL LUNCHEON

Tuesday, August 23

Chicken Noodle Soup

Tomato & Cucumber Salad

Chicken Cordon Bleu  
w/gravy

Baked Potato

Sliced Carrots

Brownie

Lunch is served promptly at 11:30

Suggested donation \$2.50. Reservations are necessary.